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TORONTO metro®

Arnold Carl Vanallen • Williamsburg • Oct. 9

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'IT REALLY WAS A FORGOTTEN WAR'

PEN PAL HELPS KOREAN WAR VET FIND MEANING IN HIS SACRIFICE; SENATOR SPEAKS ON WHY SHE FEELS THE WAR WAS WORTH IT PAGES 6 & 7

Lying to your users a wristy business: Suit

Local woman claims she hurt her wrists typing up fake female profiles to lure men to adultery site PAGE 8

A mysterious Mustang motive

In which Shannon discovers why that burned-up beauty was even there in the first place PAGE 10

Doug Ford — Tory paragon and poster boy

Leaked documents show Ford was meant to be 'star' of campaign, which pushed anti-union message PAGE 4

NEWS WORTH SHARING.

City rushes to aid Philippines after typhoon

Thousands dead.
Aid workers and funds on the way, but full gravity still unknown

With the scale of the disaster in the Philippines coming into focus, prayers and plans to help resonated through Toronto's Filipino community on Sunday.

At Our Lady of the Assumption Catholic Parish, what began as a typical Sunday mass quickly turned personal for Rev. Ben Ebcas, Jr.

"The typhoon struck my home province along with my city.... I'm still missing two of my brothers," Ebcas told his parishioners.

Officials fear that Typhoon Haiyan may have killed as many as 10,000 people in one Philippine province alone. It is being called one of the most powerful storms ever recorded.

With winds of 235 km/h, gusting to 275 km/h, the typhoon flattened everything in its path and caused extensive flooding and landslides. Thousands are still missing.

A four-person rapid-response Global Medic crew left Toronto for the Philippines on Sunday. Spokesman Andrew Budziak said the team is going to the devastated central islands with little knowledge of the scene they'll find.

"We're hearing reports of mass graves. But there are still areas in the country that nobody's been able to reach."

Filipino community groups across the GTA have already started collecting donations and planning fundraisers.

Divina Batara, president of the Filipino Social Club of Oakville, said they're aiming to get food and money to the scene as soon as possible.

"People are starving; people are dying. You can't wait," she said. TORSTAR NEWS SERVICE

Greater support

The federal government has pledged up to $5 million for humanitarian aid.

- The Ontario government said Sunday it is ready to offer assistance, though it did not provide details.

Philippine President Benigno Aquino III distributes water on Sunday to families displaced by Super Typhoon Haiyan. The death toll could soar well over 10,000, authorities warned, making it the nation's worst recorded natural disaster. More coverage, page 5. MALACANANG PHOTO BUREAU/GETTY IMAGES

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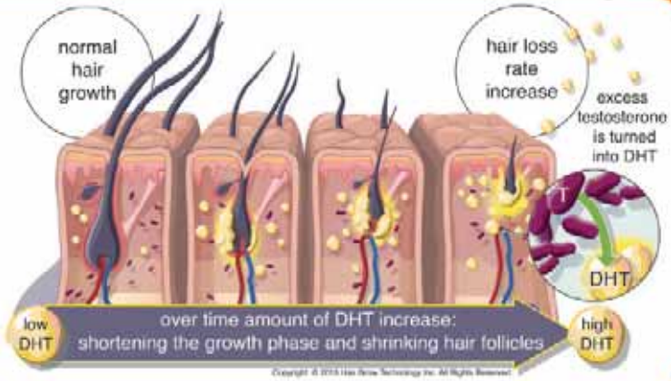
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DHT
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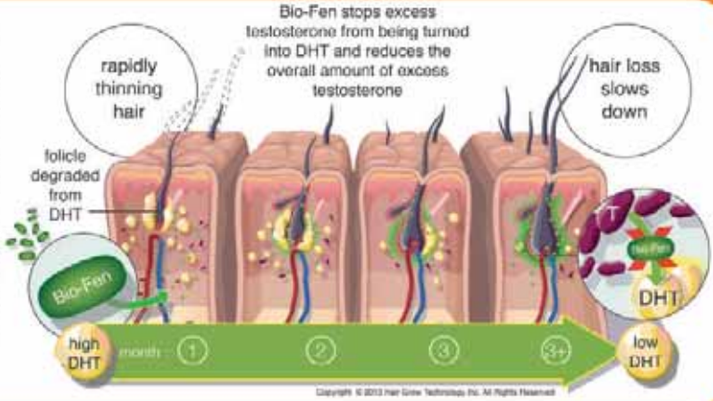

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T.O. regiment marches for generations of fallen comrades

The 48th Highlanders of Canada arrive at the cenotaph during their march up Queen's Park Circle on Sunday to pay respect to fallen comrades in several wars. They marched with bag pipes blazing up to the cenotaph, then after a ceremony went back down University Avenue to the Moss Park Armoury. The 48th Highlanders of Canada are a Primary Reserve Regiment based in Toronto and were founded in 1891. They have served in every major expeditionary campaign Canada has undertaken.

More Remembrance Day coverage, pages 6, 7 and 11.

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Not so fast

At least two pieces of business at city council this week directly concern the mayor's drug use. If he makes either a "key matter" he can move them up on the agenda and will be subject to questions from council.

- Coun. Denzil Minnan-Wong, a member of the mayor's hand-picked executive council, added a motion to the agenda last week calling for the mayor to take a leave.
- Coun. John Filion is attempting to hamstring the mayor's ability to fire staff through a motion that will prevent him from removing the deputy mayor, members of his executive committee or chairs of standing committees.

Ford moves forward with city business

Doing his job. Mayor to appear at Remembrance Day ceremony, council meeting this week

Mayor Rob Ford, who ignited a firestorm last week when he admitted to smoking crack cocaine, will try to go back to business-as-usual on Monday, starting with a presentation at one of the city's Remembrance Day ceremonies.

The day marks the mayor's first speech at an official event since admitting he used illegal drugs while in office. He is scheduled to speak in front of Old City Hall on Monday morning, his spokesman confirmed.

The event comes at the start of a week that will prove to be difficult for the chief magistrate, with city council set to debate a motion calling for, among other things, the mayor to take a leave of absence and to co-operate fully with police.

"There's no 'business-as-usual' with Rob Ford. In a way there hasn't been for a while, but now it's at a point of extreme unusualness," said Nelson Wiseman, a University of Toronto politics professor.

Wiseman said the event will draw an unusual amount of media interest because of the controversy swirling around the mayor.

Jack Granatstein, a prominent Canadian military historian, said it's important for him to be there.

"I don't think the controversy is necessarily relevant. He's the mayor — whether he should be or not is another question," said Granatstein. "Until he's not the mayor, he's the man to give the address."

As the city's business proceeds throughout the week, two court cases may yield yet more revelations.

Lawyers for Muhammad Khattak, one of the people swept up in Project Traveller, are vying for the chance to view a video that shows Rob Ford smoking what appears to be crack cocaine. The judge in the case held the matter until Tuesday, when the video will be available and he will decide whether Khattak and his lawyers can see it.

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Coun. Doug Ford, right, and Progressive Conservative Leader Tim Hudak, left, join now-Tory MPP Doug Holyday at his campaign headquarters during the provincial byelection this summer. TARA WALTON/TORSTAR NEWS SERVICE FILE

Doug Ford would've been 'star' candidate in spring election

Leaked itinerary. If May budget had gone down, Tories would have run anti-union, Harris-esque campaign

A secret Ontario Tory election-campaign blueprint has been obtained by Torstar News Service that features Doug Ford and a hard-right anti-union agenda.

The itinerary for Progressive Conservative Leader Tim Hudak was prepared in the event the minority Liberal government's budget was defeated, setting the stage for a spring provincial general election.

In some ways it echoes the 1995 Mike Harris Common Sense Revolution campaign complete with "tax cuts create jobs," "reducing the size of government" and spoiling for a fight with teachers.

This kind of document is usually a closely guarded secret. The draft, which was leaked to Torstar, provides insight into the Tories' thinking with talking points and events designed to put Hudak's struggling popularity into the best light.

The featured rally on Day 1 of the campaign was to be at the Etobicoke North Tory campaign office where Coun. Doug Ford, brother of Mayor Rob Ford, was expected to be the "star" candidate.

The party's union strategy becomes very clear in plans for a rally in Windsor with the heading "Fixing Labour Laws" and a Hudak appearance at a non-union factory. The itinerary features other such events.

TORSTAR NEWS SERVICE

Right-to-work agenda?

One of the Ont. Tories' policy papers calls for scrapping the Rand Formula, which requires employees in a closed union shop to pay dues whether they join or not.

- A similar message was on the agenda a few days later, fuelling fears that Tim Hudak's agenda is to turn Ontario into a right-to-work province, similar to several U.S. states.

Police ask for help after birthday-party slaying

Just a half-hour after he turned 20, what had been a joyous evening of celebration turned deadly for Gaethan Kitadi, shot and killed early Sunday morning in the lobby of the apartment building where he lived.

By Sunday afternoon, friends and relatives trooped sadly into the building on Main Street, north of Kingston Road, to the apartment where Kitadi had lived.

"He was like my little brother," said Christian Kitadi, 26, Gaethan's cousin. "He was a good kid … never been in trouble."

Gaethan's parents, he said, are devastated. "His mom, she's not even able to stand up … she hasn't slept. They're just holding on."

At a media conference Sunday, Toronto Police Service Det.-Sgt. Justin VanderHeyden said that Kitadi "clearly didn't lead a lifestyle that would lead him into this."

Police have considerable video footage, some of which may be released this week, that captured a "great deal" of the conflict before the shooting.

Police are looking for two persons of interest: One is described as a black male in his late teens or early 20s with a puffy black jacket, medium blue hoodie and white shoes, while the other is also a black male of similar age with a white hooded sweatshirt and dark pants. TORSTAR NEWS SERVICE

Quoted

"There is a murderer out there and we need to find him, and these people, I guarantee you, have the answers to help find him."

Det.-Sgt. Justin VanderHeyden

Gaethan Kitadi TORONTO POLICE/HANDOUT

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Typhoon leaves 'a great human tragedy' in its wake

Philippines. Thousands dead, food and water scarce after one of the strongest storms on record slams into six central provinces

Residents use a tarpaulin to shield them from rain in typhoon-struck Tacloban city, Leyte province, in central Philippines on Sunday. BULLIT MARQUEZ/THE ASSOCIATED PRESS

Corpses hung from trees, were scattered on sidewalks or buried in flattened buildings — some of the thousands believed killed in one Philippine city alone by ferocious Typhoon Haiyan that washed away homes and buildings with powerful winds and giant waves.

As the scale of devastation became clear Sunday from one of the worst storms ever recorded, officials said emergency crews could find more bodies when they reach parts of the archipelago cut off by flooding and landslides. Desperate residents raided grocery stores and gas stations in search of food, fuel and water as the government began relief efforts and international aid operations got underway.

Even in a nation regularly beset by earthquakes, volcanoes and tropical storms, Typhoon Haiyan appears to be the deadliest natural disaster on record.

Haiyan hit the eastern seaboard of the Philippines on Friday and quickly barrelled across its central islands, packing winds of 235 km/h that gusted to 275 km/h, and a storm surge of six metres.

Its winds weakened to 120 km/h as Haiyan made landfall in northern Vietnam early Monday, according to the Hong Kong meteorological observatory.

About 600,000 people living in the central region who had been evacuated returned to their homes Sunday. Four people in three central Vietnamese provinces died while trying to reinforce their homes for the storm, the national floods-and-storms control department said Sunday.

Hardest hit in the Philippines was Leyte Island, where regional police Chief Elmer Soria said the provincial governor had told him there were about 10,000 dead, primarily from drowning and collapsed buildings. Most were in Tacloban, the provincial capital of about 200,000 people that is the biggest city on the island.

On Samar Island, Leo Dacaynos of the provincial disaster office said 300 people were confirmed dead in one town and another 2,000 were missing, with some towns yet to be reached by rescuers.

With communications still knocked out in many areas, it was unclear how authorities were arriving at their estimates of the number of people killed. It will be days before the full extent of the storm is known.

The massive casualties occurred even though the government had evacuated nearly 800,000 people ahead of the typhoon.

"The devastation is ... I don't have the words for it," Interior Secretary Mar Roxas said. "It's really horrific. It's a great human tragedy."

THE ASSOCIATED PRESS

Lives gone in an instant

"On the way to the airport, we saw many bodies along the street.... They were covered with just anything — tarpaulin, roofing sheets, cardboard."

Philippine-born Australian Mila Ward, 53, who was waiting at the Tacloban airport to catch a military flight back to Manila, about 580 kilometres to the northwest.

ID category

Requirement for access-to-info requests lifted

The Conservative government has agreed to stop requiring information about a person's background before processing their requests for documents under the Access to Information Act.

An online service launched this year by the federal Treasury Board has required requesters first to indicate whether they're from the media, business, academia or other categories. THE CANADIAN PRESS

Five women freed

Spanish police bust sex-slave ring

Spanish police say they have busted a gang of 25 Nigerians who were engaged in human trafficking for sexual exploitation, Internet fraud and money laundering.

Five women victims of sex slavery also were released during the crackdown on the underground operation in Spain, the police said in a statement Sunday. THE ASSOCIATED PRESS

Book backlash

I Am Malala banned in schools

Pakistani education officials said Sunday that they have banned teenage activist Malala Yousafzai's memoir from private schools across the country, claiming it doesn't show enough respect for Islam and calling her a tool of the West. THE ASSOCIATED PRESS

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HUDSON'S BAY

You've got Seoul: Vet's spirit buoyed by pen pal

Remembrance Day. Frank Bayne is still haunted by what he saw during the war, but his influence on a young Korean woman's life has helped him find meaning in his suffering

JOE LOFARO
Metro in Ottawa

Canadian veteran John Stuber receives a hug from Pastor Won Seong-Jae April 26 as dozens of people greeted Korean War veterans at the Busan train station. JOE LOFARO/METRO IN OTTAWA

When Frank Bayne closes his eyes at night, he sees Korea.

He doesn't see the towering skyscrapers of present-day Seoul, or the men and women in suits strolling below, tapping at smartphones bigger than their hands.

What the Guelph, Ont., resident sees are flashbacks of his 14-month service in the final year of Canada's third-bloodiest conflict, the Korean War.

He was manning artillery guns at the peak of Sang Seung observation point, northeast of the South Korean capital in 1953, when, beneath him, in a valley, enemy Chinese soldiers shot his friend Lt. Gerry Meynell in the head and then gunned down another friend, Lt. Doug Banton

At least 514 other Canadians also lost their lives in the 1950-1953 war.

The lasting effects remain after 60 years for veterans like Bayne.

"My wife says she knows when I'm dreaming because my legs are thrashing around like I'm running," said Bayne.

"In the last year, I had one really, really bad nightmare where she had to wake me up because I was whimpering."

But Bayne, 86, has found a way to deal with his suffering.

He started writing to seven schoolgirls in South Korea about 20 years ago through a partnership created by the Korean Veterans Association of Canada.

One girl, named Choi Jeong-Won, has kept the pen-pal tradition alive to this day.

As a child, she would write about her life in Korea, her school, and day-to-day goings-on in the life of a typical South Korean teenager.

In her adult life she wrote one time about feeling like she had disgraced her family by failing her bar exam for the first time.

Vet Joel Beaman stands next to the Canadian Korean War Monument in Gapyeong. JOE LOFARO/METRO IN OTTAWA

Korean War veteran Frank Bayne poses with his longtime Korean pen pal Choi Jeong-Won at a restaurant in Seoul in April 2013. CONTRIBUTED

"So I wrote her back and said, 'You know, I failed many times and please keep trying,'" said Bayne.

Bayne met her for the first time last April at a Seoul hotel while he was there for a visit organized by Veterans Affairs Canada.

In January, the federal government declared 2013 the Year of the Korean War Veteran and sent 36 vets to mark the 60th anniversary of the Korean War Armistice.

"When we met at the hotel she said that (letter) inspired her to keep on going," said Bayne proudly.

She is now in her early 30s and is a lawyer for a shipping company in Seoul, Bayne said. They've exchanged more than 45 letters.

"I feel that I've contributed to having the country the way it is today; that has allowed her to do what she's done," said Bayne. "If we hadn't gone there, the whole thing would have been a whole different story."

He has the camaraderie of his fellow veterans, but he said his relationship with Choi puts a human face on the progress South Korea has made in the last 60 years.

On Monday at his home he was preparing to send a new, handwritten letter to Choi. Tucked inside the envelope will be a Canadian Remembrance Day coin as a small token of his thanks.

He recalled her gesture of gratitude when she treated him to dinner after their hotel meeting.

En route to the restaurant in a taxi, the driver got out of the cab, bowed to him and thanked him for his service.

"People in the restaurant, again, they all thanked me for saving the country. It was quite an experience," said Bayne.

Reflecting on his journey back to the bustling metropolis, Bayne said the federal government's declaration of the Year of the Korean War Veteran has helped Canadians remember.

Several people have approached him asking him to speak about the war. This week he was scheduled to speak at a school in Guelph, at the local Royal Canadian Legion, and at a Remembrance Day ceremony.

"In the past, it really was a forgotten war," said Bayne. "And of course it used to make me angry, it used to make quite a few of us angry because people ... always referred to it as the Korean conflict. When somebody would say that I would interrupt and say, 'Well, when I was there, it sure as hell sounded like a war to me.'"

How Canada got involved

25th

The war started on June 25, 1950, when North Korean military forces crossed the 38th parallel into the Republic of Korea.

Other countries

15

Canada joined the war effort in Korea in support of the 15 other United Nations members, including the U.S., Australia, the U.K., and New Zealand, to help defend South Korea.

Quoted

"If we are to avert the danger that threatens the free world, we must martial in increased resources available to resist aggression."

Canadian prime minister Louis St. Laurent on Aug. 7, 1950.

UN involvement

- The United Nations became the first international organization in history to vote in favour of using force to stop an aggressor.
- In response to the North Korean invasion, Canada recruited an army brigade called The Canadian Army Special Force to assist the UN-led mission.
- At the time, prime minister Louis St. Laurent wanted as close to as many troops as in the Second World War as possible.

Troops

26K

Canada deployed 26,000 troops, eight destroyers, and more than 22 RCAF fighter pilots throughout the thee-year war effort in the Korean peninsula.

SOURCE: VETERANS AFFAIRS CANADA, CBC RADIO ARCHIVES

Ret. Cpl. Frank Smyth salutes at the site of a
JOE LOFARO/METRO IN OTTAWA

gravesite belonging to a Korean War veteran on April 25 at the United Nations Memorial Cemetery in Busan, South Korea.

Senator speaks on what the Korean War means to her

In 1953 an armistice split civil-war-torn Korea in two along the 38th parallel.

Soviet-backed communist North Korea pursued a policy of economic independence and isolationism, and its economy and the welfare of its people has progressively worsened under a succession of totalitarian dictators.

South Korea meanwhile has improved its lot, transferring from a military dictatorship to democratic elections in 1987 and electing its first civilian president in 1993. The country has grown into a high tech and manufacturing powerhouse with a GDP of $1.13 trillion US in 2012. It's considered the world's 12th largest economy.

Canadian Senator Yonah Martin came to Canada in 1972 and is the first woman of Korean descent to be appointed to the Senate.

She says Canada's fight in the Korean war was worth it.

"I would not have been born, I would not be here today. So I owe my life to those who went to Korea and served," Martin told Metro.

"The Korea today is unrecognizable, as everyone knows, from the time of the war where Korea was literally the second poorest country in the world and the Canadian sacrifice has not gone unnoticed. Korea was still a developing country back then and I'm amazed every time I return at what Korea has become."

JOE LOFARO/METRO IN OTTAWA

Quoted

"I owe my life to those who went to Korea and served."

Senator Yonah Martin

A young interpreter with the South Korean army gives a thumbs up as a bus carrying Canadians who fought in the Korean War drives by at the Sang-Seung Observation Point on April 23. JOE LOFARO/METRO IN OTTAWA

What does Remembrance Day mean to you?

"A day to remember all that they've done for us and remember that they put their lives out there just so we could live and we could be safe."

Amanda O'Brien, Halifax, Grade 7

"I'm remembering all those people who not just fought but also died or maybe didn't make it in the war."

Keegan Mason, Calgary, Grade 9

"It's a day to remember those who sacrificed their lives in war for Canada, and remember why they did it."

Miguel Baluyot,14, Gloucester, Ont., Grade 9

What do you think of Canada's armed forces?

"The armed forces are what's keeping us from getting into World War Three."

Chris Blyde, 13, of London, Ont. Grade 8

"They're very successful in protecting us and keeping us happy and safe."

Emily Konkolus, Edmonton, Grade 6

"We don't want war so that's why we're decreasing the level of war and we're increasing the level of love."

Janusan Jeyara, Toronto, Grade 7

Adultery website is catfishing users, lawsuit alleges

Ashley Madison.
Former staffer claims she was hired to create 1,000 'fake female profiles' to lure men in and entice them to spend money

A dating website for married people who want to cheat on their spouses is being sued by a former employee who says she damaged her wrists typing up hundreds of fake profiles of sexy women.

Doriana Silva is seeking $20 million from Ashley Madison for what she calls the company's "unjust enrichment" at her expense, plus another $1 million in punitive and general damages.

In her statement of claim, Silva — a Brazilian immigrant living in Toronto — says she was hired to help launch a Portuguese-language version of the site and promised a starting salary of $34,000 plus benefits.

She was soon asked to create 1,000 "fake female profiles" meant to lure men to the new Brazilian Ashley Madison site — and given only three weeks to complete the work, the document alleges.

"The purpose of these profiles is to entice paying heterosexual male members to join and spend money on the website," it reads.

"They do not belong to any genuine members of Ashley Madison — or any real human beings at all."

The allegations have not been proven in court and Ashley Madison has yet to file a statement of defence.

THE CANADIAN PRESS

Buyer beware

The company, which describes itself as a dating service for married people, did not respond to requests for comment.

- On its website, Ashley Madison says it does not pre-screen members and can't "guarantee the authenticity of any profile," warning that "anyone who is able to commit identity theft can also falsify a dating profile."

OMG, Joan is coming to T.O.!

Christina Hendricks, famous for playing the sultry Joan Harris on Mad Men, will host the P&G Beauty & Grooming Awards in Toronto on Dec. 2. The awards honour Canadians in the beauty industry.

MICHAEL KOVAC/GETTY IMAGES FOR TACORI

Sorry, ladies

Do anti-cellulite jeans work? Not likely, experts say

Brazilian designer Alexandre Herchcovitch claims to have made what just might be the world's most desirable pair of jeans: Whipped up from a high-tech denim that combats cellulite so its wearers can hone their beach bodies even as they bundle up for Brazil's gentle winters.

Herchcovitch's so-called "beauty denim," which he says harnesses body heat and turns it into infrared rays that stimulate cellulite-combatting micro-circulation, made its debut at the designer's winter 2014 show at Fashion Rio.

The jury is still out on the veracity of the Sao Paulo designer's claim to have produced the world's first anti-cellulite denim.

Herchcovitch says five years of research into the product shows it is effective, but medical experts have cautioned there is no miracle cure for cellulite. All that aside, the models donning the denim looked like they had precious little need for micro-circulation as they stomped the catwalk.

THE ASSOCIATED PRESS

Urban warriors

In skinny jeans and cat suits made from a patchwork of indigo and grey denim with a metallic sheen, the models looked like tough, street-wise urban incarnations of medieval knights in suits of armour. The skinny jean cum pleated skirt combos looked like what a 21st century Joan of Arc would wear.

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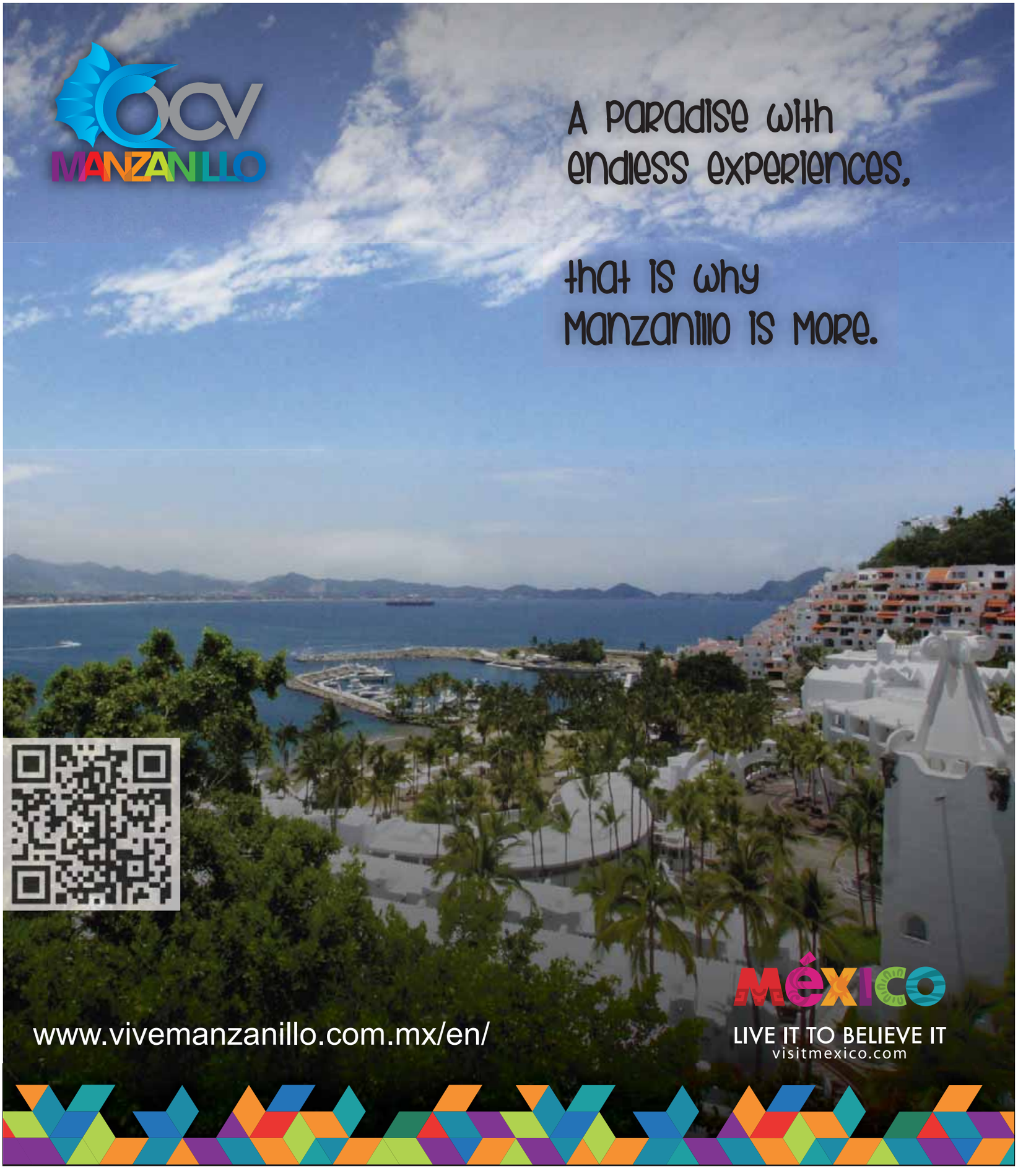
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Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 6

metronews.ca/temp

Now & then

New kind of temp: Not just filing and answering calls

The folks at job-search site CareerBuilder scoured data to find Canadian sectors with the fastest growth in temporary positions since 2010. Here's their top five:

1. Licensed practical nurses
• Number of temps employed in 2012: 793 — a 60 per cent growth

2. Information systems analysts and consultants
• Number of temps employed in 2012: 1,777 — a 44 per cent growth

3. Banking, insurance and other financial clerks
• Number of temps employed in 2012: 540 — a 43 per cent growth

4. Landscaping and grounds maintenance
• Number of temps employed in 2012: 1,369 — a 41 per cent growth

5. Purchasing and inventory clerks
• Number of temps employed in 2012: 828 — a 40 per cent growth

ANGELA MULLINS/ METRO IN LONDON

Temp Contemplates the Remains of Detroit

My weekend was a social flop. I mostly helped my sister paint her basement suite yellow, while my scheduled meeting with Mr. Shoeman was called off at the last minute when his boss phoned with a pair of cage-boxing tickets at the Civic Arena. Sometimes a girl has to know when to admit defeat.

Monday morning Amy dropped me off at work just in time to see a tow truck drag away the charred husk of Kevin Taylor's prized 1968 Shelby GT 500 that was carbecued in Friday's warehouse mess. Kyle rolled up just as Amy dropped me off. It was so sad, like watching a beached dead whale being dragged out to sea to be dynamited into chunks.

"Detroit peaked with that car," said Kyle. "Motown's high water mark." He gave it a salute.

Amy said, "Look at how small it is — I mean, compared to my car." We compared and she was right; her 2010 Hyundai Elantra is almost the exact same volume as a big-ass 1960s Mustang — and yet we think of modern cars as kind of like photocopiers on wheels while the Mustang ... that's a car.

Kyle asked what the car was doing in the warehouse, anyway. I said, "Kyle, can you keep a secret?"

"Sure. What's up?"

"Kevin Taylor was going to sell that car to pay for his wife's casino gambling addiction."

"Seriously?"

"Seriously. A hundred and twenty grand. I accidentally overheard a speakerphone call."

"Poor guy. My stepdad blew a $25,000 whiplash claim check all in one weekend." He paused. "So, are you going to see Kung Fu guy again?"

"Kyle! That is so incredibly ever-so-slightly racist — and even if I was, what's it to you?"

"Just curious. What do you guys talk about — terra cotta warriors? Gong Li movies?"

"Kyle, this conversation is over."

"So there is something going on."

I sighed. "We're, um, working on a project together."

"A project."

"You make it sound dirty. We're working on a platonic business venture. He is a nice conservative Chinese guy."

"OK. Don't tell me then."

"When do you find out if you got your refinery job?"

"Maybe this week."

"Is that a delivery for TWK you're holding?"

"It is."

I took it from him. "Thank you." I sauntered into the building purposefully whistling like someone trying to be mysterious. Inside the door I saw Sarah No. 1 waiting for me. What a way to start the week.

"Hello Sarah."

"Hello Shannon."

I remembered my pledge to be nicer to the office's remaining Sarahs. "Can I help you with anything?"

"Shannon, can I take you out to lunch today?"

Talk about a surprise. "Seriously?"

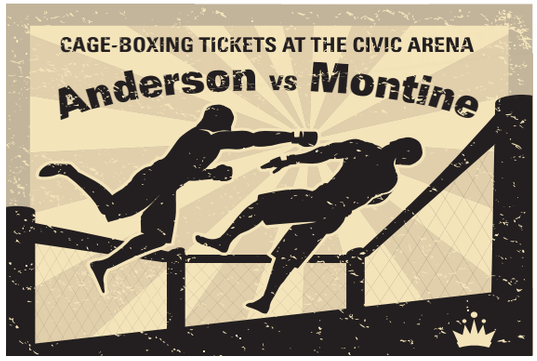
"Yes. Seriously."

Life is strange. "OK."

"See you here at noon."

"Deal." **TO BE CONTINUED ...**

We think of modern cars as kind of like photocopiers on wheels while the Mustang ... that's a car.



Random fact of the day

Is your birthday coming up?

- Sure, it's special ... but, statistically, you share it with at least nine million other people in the world.

SOURCE: WIKI. ANSWERS.COM

Random biz fact of the day

10%

Less than 10 per cent of interviewees send a thank you note, even though 91 per cent of managers find it helpful when they do. SOURCE: NEXCAREER

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CRACKING THE BAD MAYOR HABIT

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

I'm going to make a gigantic understatement. Last week was not a good week for Mayor Rob Ford.

He copped to smoking crack cocaine — in a drunken stupor, he says, as if that's better. By admitting as much, he also confirmed that he's been lying to us for months. Add that to the massive police investigation, some unflattering video footage, the mayor's stubborn refusal to step aside and worldwide media attention, and it starts to feel surreal. Is this real life?

So it makes sense that there are people like Coun. Denzil Minnan-Wong who want to hit the reset button and usher a bit of calm and sanity back into Toronto City Hall.

But there isn't a good and fair way to do it.

Minnan-Wong — probably the most right-wing member on city council, by the way — has said that he's prepared to ask the provincial government to step in and remove Ford. The province could do it, of course. Under our laws, Toronto and its government are always just a piece of legislation away from being forever altered.

But giving Queen's Park a green light to step in has some pretty serious implications. Ford, even though his mayoralty now resembles a flaming car veering erratically through a crowded city square while the radio blasts Chumbawamba tunes, is still the duly elected leader of this city. And he hasn't been convicted of anything — he hasn't even been arrested.

It all comes down to precedent. And removing a democratically elected leader wouldn't be a good one.

Besides, I resent Minnan-Wong's call for a provincial intervention because it feels like the easy way out. Like council would just be entering the political equivalent of a video game cheat code because they can't figure out how to defeat King Bowser.

Toronto can't just shrug its collective shoulders and act like Ford was just a weird thing that happened for a few years — an anomaly. This mayor did not come to power in a vacuum. He was propelled to office by people, ideas and ideology.

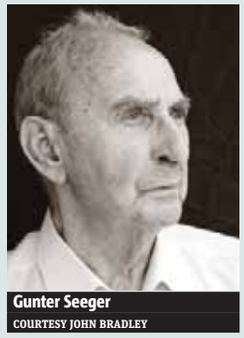
And don't kid yourself: no political insider can really pretend to be surprised that the guy who pledged to stop the gravy train ended up presiding over a train wreck. It's just that a lot of people were willing to overlook Ford's many red flags because they liked the easy answers, the low tax stuff, and — later, as the bandwagon swelled — his rising poll numbers.

If no one is prepared to address and improve that kind of political climate, Toronto is bound to end up running into the arms of the next tough-talking populist who comes along. This whole twisted Rob Ford saga will have taught us nothing.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

ZOOM

German Lt.-Col. Gunter Seeger
CONTRIBUTED



Gunter Seeger
COURTESY JOHN BRADLEY

South African Maj. Eric Johnson
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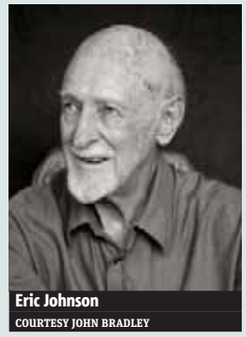

Eric Johnson
COURTESY JOHN BRADLEY

RAF Lt. Johnny Bradley
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Johnny Bradley
COURTESY JOHN BRADLEY

British Lt. Cmdr. Peter Twiss
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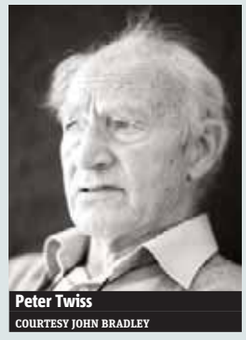

Peter Twiss
COURTESY JOHN BRADLEY

Since the Second World War

Photog captures then-and-now pics of combat pilots

Notice the slight resemblance between the portraits of the Second World War pilots on the left and the images that face them on the right?

Photographer John Bradley has captured 24 combat pilots in total, mimicking the same angles as their wartime headshots.

The images fill an ebook — updated monthly and soon to be published in hard copy — which also contains interviews with pilots from the United Kingdom, Germany, the Czech Republic, South Africa, Australia and the U.S.

As the son of RAF fighter pilot Johnny Bradley (pictured), he said his endeavour seemed like an obvious one because he grew up around pilots.

Thanks to a successful Kickstarter campaign, Bradley will be travelling to Russia this month to snap female Soviet pilots who fought in the Second World War. METRO

Not kicking the habit

- The photographer has his sights set on Canada next. Watch for a Kickstarter campaign he will be launching to propel him here. Visit combatpilotsofwwii.com for more info.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

For those who don't spend their entire day glued to Twitter and Reddit while streaming podcasts and watching YouTube, keeping up an online presence can be a job unto itself. So if you don't have time to tell the world what you're eating for lunch, what you think of your mayor, etc., etc., there are ways you can get the Internet tweeting for you:

CONTRIBUTED

yes.thatcan.be/my/next/tweet:
Plug any Twitter handle into the web page (or iPhone and Android app) and let the site compose your next tweet for you based on your past tweeting language. Warning: give it a once-over before posting the tweet .... Mine mocked my coworker's bra size.

@tofu_product:
"Tofu absorbs flavor. I write like you do," says Tofu's Twitter profile. If you tweet at Tofu while he's available, he'll tweet back at you mimicking your language, syntax, etc. If you get him at the right time, it's like having a nonsensical (or completely clear — depends on how philosophical you want to get) conversation with yourself.

Letters

Dear Mayor Ford: on behalf of myself, Torontonians and Canadians in general who share my sentiments but have not had their voices heard, I would like to express my feelings about your conduct and present my arguments for why you should step down from office as soon as possible.

I am doing this, notwithstanding the bias of your remaining supporters who stubbornly cling to your humanity or any other nonsense to justify your behaviour while using harsh labels and advocating stiff punishment for any other type of similar illicit or questionable behaviour by our average citizens.

I am a mother of a teenage daughter whom I expect to enter the work force with excellent work ethics and a clear understanding of her responsibilities and the impact of her behaviour on her peers and employers.

You seem to lack this sense of responsibility as shown by your belief that being drunk is an acceptable justification for misconduct and by your poor accountability to your citizens as well as your family.

You not only lack moral and work ethics but also have unfairly displaced your own staff when they have not agreed with you or ascertained your lack of judgment.
Monica Meikle, Toronto

WE WANT TO HEAR FROM YOU:
Send us your comments: torontoletters@metronews.ca

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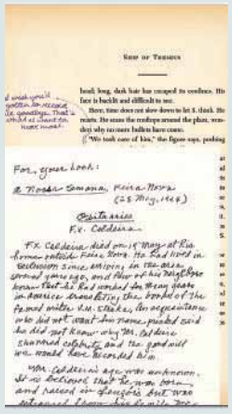
Mystery?



S. (Ship of Theseus)

By. J. J. Abrams & Doug Dorst

Kindle/Books

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Hidden within this mysterious library book from J. J. Abrams (Lost) is a conversation made up of handwritten margin notes, doodles, clippings and letters that have been added by the two readers before you. Obsessed with the book's reclusive author and his story of a man with no past, their intimate debate gives a rather stark tale some lively intrigue.

Triumph of the will of the human spirit

The Book Thief. Story of life in a German town during the Third Reich highlights the heart in humanity during a dark time

LIZ BROWN
liz.brown@metronews.ca

The Book Thief, starring Geoffrey Rush and Sophie Nélisse, opens Friday. CONTRIBUTED

In the 40-plus years that Geoffrey Rush has been acting, he's made some interesting role choices.

Some of the wilder roles include his Academy-Award winning turn as pianist David Helfgott in 1996's Shine; Captain Barbossa in the Pirates of the Caribbean franchise and in 2011, a stint as Lady Bracknell in the Melbourne Theatre Company's production of The Importance of Being Earnest.

"My CV's got a lot of people who are elaborate and flamboyant," he admits during an interview at Toronto's Trump Hotel earlier this month.

So Rush's latest role is a bit of a change from the norm for him — in that on the surface, it's an all-together normal character.

In The Book Thief, Rush plays Hans, a small-town German house painter who, together with his wife Rosa, takes in a foster daughter during the reign of the Third Reich.

"He's so seemingly ordinary, the town is ordinary, there's not pretensions to it," says Rush of Hans and his day-to-day life.

"But he's also a political maverick in a kind of way," he says, referring to instances where Hans quietly makes his own acts of defiance against the Fuehrer — he hides a Jewish family friend in his cellar and helps his foster daughter, Liesel, rescue a book from the flames of a town book burning.

The Book Thief, based on the bestselling novel by Markus Zusak, follows the story of Liesel, a young girl who finds herself without a family on the eve of the Second World War.

She's sent to live with foster parents in a small town, where she strikes a strong bond (over books) with her foster father Hans. He teaches her to read and tries to shelter her from the horrors going on around them.

"I like that he had an emotional intelligence that could deal with a grief-stricken, illiterate girl with human warmth and love. It awakened something in him that made him a better person," Rush says of Hans.

Teen French-Canadian actress Sophie Nélisse, who plays Liesel in the film, admits that before landing this role she didn't know too many details about life in Germany during the Second World War. She said she had to do plenty of research through watching films like Schindler's List and reading books like Hana's Suitcase.

"I just tried to imagine what a girl my age would do in these circumstances," she says.

And at its core, that's what The Book Thief is about — ordinary people trying to cope in extraordinary circumstances.

The film's director, Brian Percival, best known for his work on Downton Abbey, says the film's focus is about relationships and people rather than the history surrounding the story.

"I wouldn't put it in the Second World War or Holocaust category," he says. "It's a film about the strength of the human spirit and what words can do and how they can change people's lives."

"I hope if younger generations watch it and don't really know what went on during that time, that after they will go and find out. That's a big plus for us," he adds.

Trial. Actress's creepy crusade included plan to conceive 'mini-Baldwin': Prosecutor

A Canadian bit-part actress barraged Alec Baldwin with lovesick, demanding messages, packed her belongings into a car, drove to New York and showed up uninvited at his homes in Manhattan and the Hamptons, prosecutors said as her stalking trial opened Thursday.

The case is expected to put the 30 Rock actor in an unsought role: a key witness against a woman who says she had a fling with him some years ago, which he denies. Baldwin is expected to testify next week against actress Genevieve Sabourin, whose lawyer says she was merely trying to get answers after the actor lost interest in her.

But prosecutors say Baldwin was alarmed by a campaign of calls, text messages, emails and unexpected appearances by a woman he'd met twice over 10 years — a creepy crusade that escalated as he got engaged to now-wife Hilaria Baldwin, authorities say.

"There was nothing legitimate about these communications," Manhattan Assistant District Attorney Zachary Stendig said in an opening statement. A judge is hearing the case without a jury, at Sabourin's request.

Sabourin, 41, hails from the Montreal suburb of Candiac and has appeared in some Canadian films and TV series. She met the Oscar-nominated Baldwin on the set of the 2002 sci-fi comedy The Adventures of Pluto Nash; he had a cameo, and she was a publicist.

He told police that they had dinner together in 2010 and that their relationship was strictly professional.

But Sabourin harangued him with so many phone calls that he changed his number, and she sent emails that ranged from "I want to be your wife now" to a bid to "conceive a mini-Baldwin," Stendig said.

Alec Baldwin will testify this week in a stalking case. THE ASSOCIATED PRESS

Although Baldwin asked her to leave him alone, she appeared in March 2012 in his driveway in Amagansett, N.Y., but left before police arrived, according to prosecutors.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Stewart and Pattinson spend more (probably awkward) time together

STARGAZING
Malene Arpe
scene@metronews.ca

Kristen Stewart and Robert Pattinson spent some four hours together at Robert's home. One hour was used giving each other uncomfortable glances, half an hour passed with silence, fidgeting and lip-biting and the rest of the time was taken up discussing why they agreed to hang out seeing as neither currently has any new movies to promote.

Gwyneth Paltrow says that she thinks the work/life balance of a woman should be "exactly what feels right for her." Which is why I am happy to announce that from now on I'll work just two hours a week and watch Norwegian TV the rest of the time.

Jennifer Love Hewitt's show The Client List has been cancelled. Justin Bieber is, as expected, very disappointed.

Miley Cyrus leaves a party with Benji Madden and an open liquor bottle in her hand. Add a three-legged poodle, a unicycle and two kilos of sugar and it would pretty much have been Miley's most favourite night ever.

Eminem denies lip-synching on SNL Unfortunately, his voice didn't reach reporters until two hours later and then the denial sounded like a homophobic slur.

Kendall Jenner turned 18 and got offers from porn producers. The Kardashian family is outraged and wants everyone to remember they're perfectly capable of producing their own porn.

Charlie Sheen tells his ex-wife Brooke Mueller that there will be "a reckoning," that she's an "evil bleep" and a "chubby weirdo" and then invites her to "blow out" a hand grenade. In more positive developments, Charlie went on to congratulate Josh Brolin for getting into two brawls in one night and invited newly single child bride Courtney Stodden over for a "look-see."

Tom Cruise. ALL PHOTOS GETTY IMAGES

Cruise offended by Holmes' Scientology remark

Tom Cruise has finally admitted that his religion played a role in his split from Katie Holmes, though he takes issue with the idea that Holmes had to "protect" their daughter, seven-year-old Suri, from Scientology. "Did she say that? That was one of the assertions, yes," Cruise says in a deposition obtained by Radar Online when asked if Holmes gave protecting Suri from the church as one of the reasons for leaving him. "I find those statements offensive," Cruise said. "Like with any relationship, there are many different levels to it. You know, I find it very offensive. There is no need to protect my daughter from my religion." He also later conceded that Suri is not currently practising Scientology.

No briefs, no problem for rebel Hamm

Jon Hamm won't be reined in, apparently, as the Mad Men star continues to ignore requests from the show's costume department to wear underwear while filming — or at least that's how it appears in recent photos of Hamm on set. His sartorial preference first garnered attention in March, resulting in two underwear companies offering him free briefs for life, offers he clearly didn't accept.

Jon Hamm

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Parenting. Study shows connection between good sleep and good grades

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

If you want to get As make sure you get some Zs. ISTOCK PHOTOS

Exclusively online

Suffering from the November blahs? Check out this week's exclusive Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious bestselling book Reasons Mommy Drinks, at metronews.ca/voices

A recent study has concluded that children who get regular sleep perform better in school and have less behavioural problems than those who didn't have a set bedtime. The researchers out of University College London saw positive changes in kids' behaviour when they went from non-regular bedtimes to a scheduled one. Enforcing a bedtime can be tough at the beginning, but there are ways parents can increase their chances of success.

Start with the basics. Decide on a reasonable bedtime for your child for them to get eight to 10 hours of sleep, and then tell them what that is. This is not a negotiation. You decide. It doesn't matter what time their friends go to bed. Your house, your rules. Then, work the day backwards to see how to meet that bedtime and still get everything done. If bedtime is 8:30 p.m., figure out what time homework needs to be completed, when a shower might take place, and when dinner should be served. (Extracurricular sports can throw a wrench into plans; but aim for the nights when you can enforce bedtime.)

Have a "screen policy" and set a time when electronics should be put away prior to bedtime. Encourage reading or other quiet activities before lights out to bring the energy level down. Consider moving bedtime to a later (regular) time only when the child is consistently waking up without the aid of a human or electronic alarm.

Keep bedtime routines even when travelling to avoid meltdowns during family vacations. Weekend sleepovers should still stay within a range of regular bedtime, or you will all suffer from the sleepover hangover. And while most kids don't have classes on Saturday or Sunday, they may be engaged in sports or cultural events and lessons where they need to behave appropriately.

Teenagers normally have a different time clock, but sleep is still the number one way they can release stress. Keep them to reasonable bedtimes while you can; their marks are important. Of course the schedule will be hard to hit 100 per cent of the time, as families are busy with work and other demands, but a late bedtime should be the exception rather than the rule.

KATHY BUCKWORTH'S LATEST BOOK "I AM SO THE BOSS OF YOU" IS AVAILABLE AT BOOKSTORES EVERYWHERE. FOLLOW KATHY @KATHYBUCKWORTH AND VISIT WWW.KATHYBUCKWORTH.COM

Stern goes from boob jokes to kitty talk

You nurse and nurture, live with and love an animal in your home. After a few weeks or months, you turn it over to someone or return it to a shelter. Watching a foster pet leave the nest can be rewarding, but you are probably still going to cry your eyes out.

A foster home is a place where pets get a chance to heal or come of age or learn how to be social. It leaves room at the shelter for another dog or cat.

Fostering is hard work and takes time, patience and dedication, but knowing you are raising and training a pet for someone else can be equal parts gratification and heartbreak.

Beth Stern, spokeswoman for the North Shore Animal League America, has fostered several litters of cats. She says she can tell you what each one likes to eat, where they like to be rubbed and their favourite toys. She house trains them and keeps meticulous records for adopters.

She and her husband — talk show host and America's Got Talent judge Howard Stern — had planned to take in just one litter.

"My husband and I had a ball. He named every one of them, photographed them and started talking about them on his radio show," Stern said. She shared photos and stories about them on Facebook and Twitter and on North Shore's website. Adoption applications started arriving at North Shore in bunches.

When the day came for the new owners to be notified, and the kittens returned to the shelter to be spayed and neutered, Stern said it "was one of the hardest days of my life."

"I was crying like a baby," she said.

While she said goodbye to six kittens, she ultimately said hello to 10 new ones. The applications keep on coming so Stern said she plans to keep on fostering. And while she and her husband already have four adult cats, she said they'll probably adopt another one — a blind cat at the shelter who will likely be hard to place.

Radio talk-show host Howard Stern with his wife, Beth Stern, who has fostered several litters of cats. THE ASSOCIATED PRESS

And on Super Bowl Sunday, Stern will promote more cat adoptions on Hallmark Channel's Kitten Bowl.

The American Society for the Prevention of Cruelty to Animals makes more than 1,000 foster placements a year, said Gail Buchwald, the ASPCA's senior vice-president of adoptions.

Fosters are an indispensable component for shelters, but there's a lot of turnover, she said, because of so-called foster failures — people who fall in love with their foster pets and adopt them.

When a foster becomes an adopter, no one minds, Buchwald said, but it does leave shelters on a constant lookout for new fosters.

THE ASSOCIATED PRESS

Get your streusel-muffin top on

Raspberries and blackberries burst with flavour in these sweet and easy streusel-topped muffins.

1. Heat oven to 400 F (200 C).

Ingredients

Streusel
- 1/4 cup (50 ml) whole wheat flour
- 2 tbsp (30 ml) finely chopped toasted walnuts
- 4 tsp (20 ml) butter, melted
- 1 tbsp (15 ml) brown sugar
- 1/4 tsp (1 ml) cinnamon

Muffins
- 1 cup (250 ml) each whole wheat flour and all-purpose flour
- 1/2 cup (125 ml) granulated sugar
- 1 tbsp (15 ml) each baking powder and baking soda
- 1/4 tsp (1 ml) salt
- 1 1/4 cups (300 ml) Yoplait Yopa! Greek Yogurt – Very Berry Lush
- 1/4 cup (50 ml) skim milk
- 3 tbsp (45 ml) vegetable oil
- 1 egg
- 1/2 cup (125 ml) blackberries, cut in half
- 1/2 cup (125 ml) raspberries

Streusel Berry Muffins

This recipe makes 12 muffins. YOPLAIT CANADA

Spray bottoms of 12 regular size muffin cups with non-stick cooking spray or line with paper baking cups.

2. Combine streusel ingredients; set aside.

3. Whisk flours, sugar, baking powder, baking soda and salt in a large bowl; make a well in centre of mixture.

4. In another bowl whisk yogurt, milk, oil, and egg.

5. Pour yogurt mixture all at once into flour mixture; stir just until moist. Batter will be thick. Fold in berries

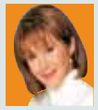
6. Divide batter evenly among muffin cups and sprinkle streusel mixture evenly over top of each.

7. Bake 15 to 18 minutes until top springs back when touched and toothpick inserted in centre comes out clean.

COURTESY YOPLAIT CANADA

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Parents love taking their kids to restaurants like Boston Pizza as a way to stay out of the kitchen for one night. But that doesn't mean nutrition should go out the window.

Boston Pizza pizza pinwheels and pudding with gummies

950 calories / 35 g fat

This mini meal is over half their calories and fat for the day.

Equivalent

Whole grain pizza pinwheels and chocolate pudding with gummies from Boston Pizza are equal in calories to four Schneiders mini chicken burgers.

Boston Pizza Spaghetti Bolognese and mini choco pizza

430 calories / 9 g fat

Let them enjoy a healthier pasta dish with meat sauce for half the calories and a fraction of the fat.

Give your omelette the extra fluffy touch

Beating egg whites to soft peaks before cooking makes for an extra-fluffy omelette! High in protein and low in carbs, this is a great breakfast if you're following a low carb diet.

1. In bowl, combine cheddar, goat cheese, basil, green onion, thyme and pepper. Set aside.

2. In small nonstick frying pan, heat half of the oil over medium-low heat, swirling to coat. Meanwhile, pour half of egg whites into a bowl and whisk until light, fluffy and barely forming soft peaks. Pour into frying pan. Sprinkle with half of cheese mixture, leaving 3/4-inch (2 cm) border bare all the way around. Cook 3 minutes or until underside is browned. Run rubber spatula along side to loosen; fold omelette in half, lightly press to seal and cook for 1 minute or until cheese melts. Slide onto plate.

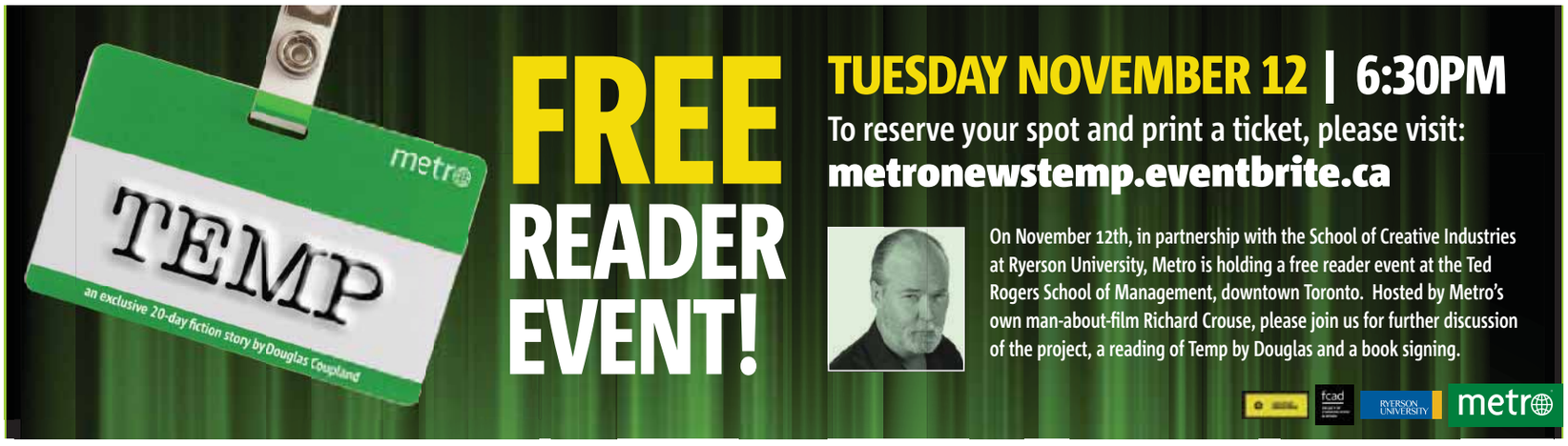
3. Repeat with remaining oil, egg whites and cheese mixture.

Ingredients

- 1/2 cup (125 ml) shredded cheddar cheese
- 1/3 cup (75 ml) crumbled PC Blue Menu Soft Unripened Goat Cheese
- 3 tbsp (45 ml) chopped fresh basil
- 1 green onion, finely chopped
- 1/2 tsp (2 ml) fresh thyme, chopped
- Pinch freshly ground black pepper
- 4 tsp (20 ml) PC Blue Menu Omega Oil
- 1-1/4 cups (300 ml) PC Blue Menu Egg Whites

PRESIDENT'S CHOICE

This recipe serves two. PRESIDENT'S CHOICE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RYERSON UNIVERSITY
metro

Heading to a new temp job? Here are five things you shouldn't leave home without.

VAWN HIMMELSBACH/FOR METRO

5 Things to bring to a temp job

1 Anti-bacterial wipes

If you're temping in an office, you're likely to be sitting at someone else's desk or a shared temp desk. While you should refrain from reorganizing that desk (after all, it isn't yours), it's perfectly acceptable to wipe down the keyboard and mouse if they're sticky, covered in bits of food or in any other way disgusting. (Fun fact: Researchers say more germs lurk on keyboards than toilet seats.)

2 A pen and notepad

If you're sitting at a shared temp desk, you might find an assortment of useless objects in the desk drawer — soy sauce packets, a yellow highlighter, unidentifiable computer-related cords — but there's not a pen or scrap of paper to be found. It's helpful to have your own office supplies on hand, rather than trying to take notes on your lunch receipt with a yellow highlighter. If you're fussy about the type of mouse you use, bring one from home.

3 Food

It's easy to get in the habit of buying your lunch, especially if you get called in to temp at the last minute. But if you're unfamiliar with the neighbourhood or working a night shift, finding something to eat could be unexpectedly problematic — and it's not a lot of fun trawling the streets of an industrial wasteland in the middle of the night with the fleeting hope of finding a convenience store that's still open. Try to have a few pre-prepared meals in your freezer so you can grab one to go when you get a call.

4 A coffee mug or water bottle

While you'll probably find coffee mugs (and, hopefully, free coffee) in the office kitchen, you may not want to drink out of any of them. While it's not always the case, communal coffee mugs are often perma-stained, making them look perma-dirty. And the sponge in the sink might look as though it will spread more bacteria onto your coffee mug than off it. Best to bring your own mug. Same goes for cutlery.

5 Something to remind you of home

When you start a new temp job — especially if it's only for a day or two — you might feel a bit lonely working in an office where you don't know anyone. Bring something along to cheer you up or make the desk feel like your own (at least temporarily), whether it's a tacky coffee mug, Hello Kitty paperclips or red Swingline stapler.

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'Round the world wisdom

Facing adversity? Stop adding drama

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

When adversity strikes us, our immediate response is to ask "why me?" As we must make sense of what just happened, we attach meaning to adversity. By the time we respond, it isn't the adversity itself that we must overcome but rather the significance we have assigned it. Prior to the market crash of October 2008, our clients were hiring. Then abruptly jobs were put on hold, and shortly after, the layoffs started. As I made my livelihood hiring for clients, by December of that year I felt hopeless. Instead of realizing that I was doing my best in a bad economy, I started doubting how to lead through that economic storm.

What had actually happened? The economy had collapsed. In the days following the crash, I concluded I was possibly no longer the right person to lead us through the chaos. I even took responsibility for our struggles. "It is my fault," I thought. It was all fiction, a story I made up in my head.

We all have recurring internal conversations where challenges cause us to question ourselves. All of a sudden a market crash can look like a leadership breakdown. Think about a problem you are facing right now. Can you tell what the issue is as opposed to the drama surrounding it?

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Mr. CFO, tear down this wall!

Open-concept offices. Would a workplace free of dividers help your team develop a stronger sense of community?

Vito Rezza, the CFO for IPG Mediabrands, poses in the new office designed by figure3 in Toronto. Other employees are seen just beyond Rezza's open-concept workspace. FIGURE3 INTERIOR DESIGN

The next generation of employees might not find it conducive for their work if they set up shop in a gloomy, no-frills environment — not when they can work in a space that is esthetically pleasing.

Vito Rezza, CFO for IPG Mediabrands, says their old Toronto office, which housed a couple hundred employees for the global company, was more like the former.

"It was really ugly. Just a small dingy office."

When the company decided to redesign and renovate the space, Rezza knew it was time for something different. The result was a completely open-concept space without any private offices.

Metro talks to Rezza — one of the driving forces behind this office strategy — about the effects the new space has on the office.

Why did you decide to open up the office like this?

We had grown from about 150 to 220 people in the span of three years. So we said, "We are growing and it's time to create the kind of space representative of who we are — with the ability to share ideas and promote creativity."

We worked with figure3 Interior Design and in one of our meetings with them our CEO said, "I think we need to lose it." I said, "Lose what?" He said, "The walls and our offices, the three private offices." I thought about it and it was a compelling idea.

What effect does this have on you and the employees?

When people first saw the floor plan, there was some trepidation. Some people had 20 to 30 years working in an office, and now they had to downsize. Afterwards we waited weeks for people to complain and not much came.

We've all had to learn to work a bit differently, but the trade off has been a more collaborative environment. People see each other more now. Employees from different departments — from finance to research — know each other personally. It's easier to find people, easier to approach people at their desks. There are still areas in the office for private work if you need to focus more.

For me, there were concerns because I deal with sensitive financial information and other private matters. But I decided I had to lead by example. It's been a great experience for me. People say, "Wow you're the CFO and you sit in the middle of the space." It's different and unexpected.

Could this office strategy work at other companies?

I think any organization with the right leadership — and employees that can think a little differently — can do this. This is for a whole new generation of people entering the workforce. They don't need offices, but a cool interesting space that helps them thrive as creative individuals. METRO

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CARING FOR VETERANS' UNIQUE NEEDS

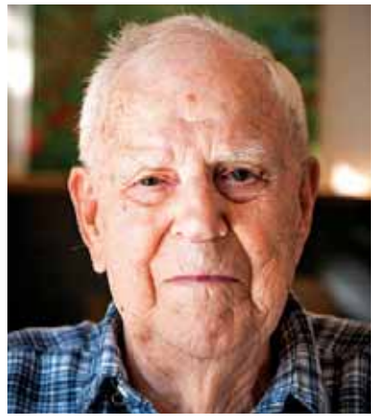
In 1948, then-prime minister William Lyon Mackenzie King officially announced the opening of Canada's largest veterans' hospital. Sixty-five years later, though Sunnybrook Health Sciences Centre has grown and expanded its scope, veterans remain at the core of its mandate.

Sunnybrook's Veterans Centre is home to 500 residents who are an average age of 91. Roughly four per cent served in the Korean War, the remainder are veterans of the Second World War. And for the staff at Sunnybrook, the treatment goal is to not just celebrate their past, but to maximize their present through individualized care.

"It's about honouring their past, listening to their voice, and working collaboratively to achieve life experience goals," says Dr. Jocelyn Charles, the medical director of Sunnybrook's veterans' centre.

There are also special considerations that must be addressed, not just because of what these veterans may have lived through, but also because of what we now know thanks to medical advances.

"Some veterans have unique care needs," Charles says. "Some may have post-traumatic stress disorder (PTSD), symptoms that were never diagnosed because this condition wasn't recognized back then.



CONTRIBUTED PHOTOS

"We may find that if they do have PTSD symptoms, then we have to be more sensitive to triggers. For example, loud noises, hearing people speak in different languages."

While many of the veterans may have dementia or significant medical concerns, Sally Fur, Sunnybrook's communication adviser, says that each resident is cared for by an interprofessional team that includes not just doctors and nurses, but everything from spiritual care advisers, speech language pathologists, social workers, physiotherapists, pharmacists, audiologists, clinical nutritionists, and occupational therapists to recreational, art and music therapists.

"It's important that we get to know the residents and their families, and understand what's important to them," Charles says. "Knowing each resident and what's important to their quality of life is our goal.

"Because we're funded, in part, by Veterans Affairs Canada, we're able to provide enhanced programming that offer a wide variety of recreation and creative arts therapies, all facilitated by professionally trained and accredited therapists who help residents achieve their goals either in a group or individual setting."

And for Charles it's an opportunity to give back to veterans who have given so much to us.

"Sometimes we look at long-term care as the end of a journey in life," she says. "But does it have to be negative? Can we help make it a beautiful experience?"

TREATMENT THAT'S A LITTLE CLOSER TO HOME

Not that long ago, nursing homes faced with aggressive or violent residents often had no choice but to release them to the care of their families, effectively sending them home to an untrained and ill-prepared family.

Sunnybrook's Dorothy Macham Home is showing that while sending them home may not be the best solution, a treatment philosophy that's a little closer to "home" may just be.

"This is what I call a living model of care — they can come and live through this phase of their illness," says Dr. Jocelyn Charles, the medical director of Sunnybrook's Veterans Centre. "As memory and cognitive abilities fade, people with dementia become more and more dependent upon the environment for cueing and security."

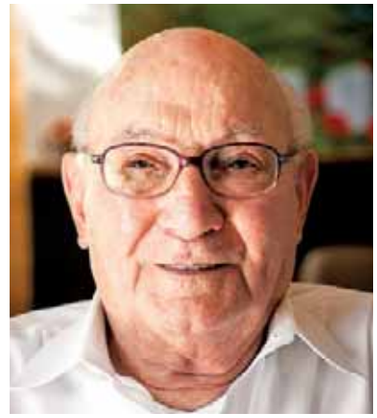
So a familiar environment is key.

Charles says this facility was modelled after the success of the ADARDS Nursing Home, a similar facility in the Australian state of Tasmania. Charles contacted Dr. John Tooth, ADARDS' director, in 1999. The goal of the facility is to try to mimic a regular home environment as much as possible.

"It couldn't be a double-barrelled corridor that has a very institutional feel," she says. "It has to be home-like, with the smell of a home-cooked meal, a welcoming living room, a dining room, and kitchen."

The Dorothy Macham Home has space for 10 residents, all of whom are veterans. The residents transferred to the facility are those who are exhibiting symptoms that prevent them from successfully remaining in their present care facilities.

"A small number of veterans with dementia become aggressive and display very disruptive behaviour, which would put themselves or others at risk," she says. "We see behaviours as the person's expression of an unmet need. It's like an intensive care unit for those whose behaviours have not responded to strategies within other facilities. Veterans stay until those symptoms can be improved and/or resolved."



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ACHIEVING BEST LIFE EXPERIENCE

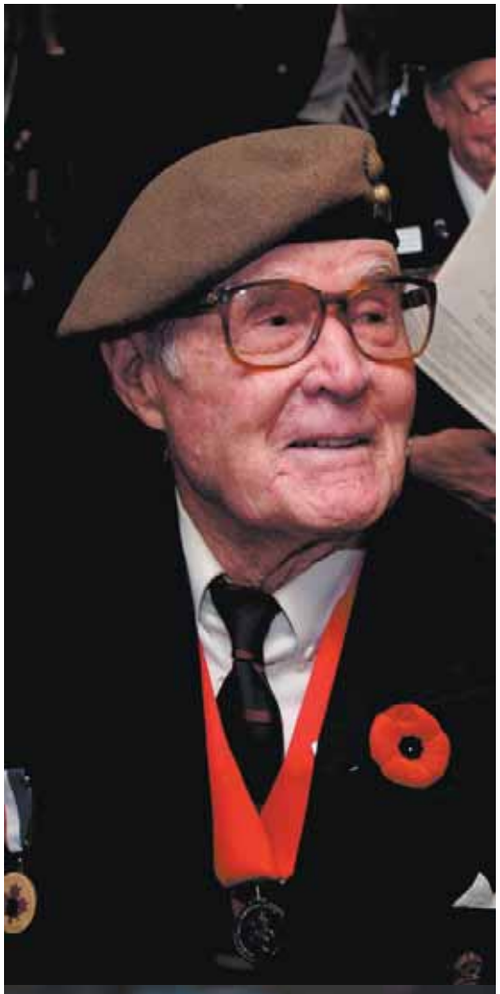
Thanks to the guidance of Dr. Jocelyn Charles, veterans who are residents of Sunnybrook's Veterans Centre can rest assured knowing that the interprofessional care teams are fully ready, willing, and able to meet their needs.

Charles, the medical director of Sunnybrook's Veterans Centre, oversees the facility's efforts using what she's coined as an ABLE care philosophy, an acronym that stands for achieving best life experience.

"The ABLE care philosophy is really about knowing who you're caring for, what is most important to them and how to best provide care," Charles says.

"If we listen better from the beginning, we can understand veterans' needs and provide better, more efficient care."

By listening and understanding the patient's needs, the caregivers can effectively advocate for and deliver appropriate care.



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Sunnybrook

Ticats' fortunes turn on LeFevour's rush

CFL playoffs. Rookie QB dashes into end zone in OT to set up East Division final with Argonauts

Tiger-Cats quarterback Dan LeFevour runs in the game-winning touchdown past Montreal Alouettes defensive tackle Moton Hopkins in overtime of the East Division semifinal on Sunday in Guelph, Ont. FRANK GUNN/THE CANADIAN PRESS

With the Hamilton Tiger-Cats' season hanging in the balance, rookie quarterback Dan LeFevour delivered.

LeFevour's two-yard TD run in overtime rallied Hamilton to a thrilling 19-16 win over the Montreal Alouettes in the East Division semifinal Sunday.

The six-foot-three, 230-pound LeFevour handled the ball on six of Hamilton's eight snaps in overtime after Montreal went ahead 16-13 on Sean Whyte's 34-yard field goal. All were runs — including two successful third-down gambles — and an 11-yard scamper that took the Ticats to the Alouettes' two-yard line to set up LeFevour's game-winning TD.

LeFevour's touchdown secured Hamilton's first home playoff win since '01 and prompted teammates to hoist him on to their shoulders.

"I was telling them to put me down actually," the humble LeFevour said. "This is a team game, shoot, the defence carried us all the way into the fourth quarter. Hank had a great drive going into the wind.

"I really feel I was a small piece ... everyone put in their two cents today."

Ticats head coach Kent Austin had no hesitation putting the season in a rookie's hands.

"When you play a defence like this, you have to play 12-man football on offence and by that I mean you have to add your quarterback to the run game otherwise you play 11 against 12," Austin said.

"He's just a highly competitive, very focused, very unselfish quarterback that is a winner."

East semifinal

Tigers-Cats	Alouettes
19	16

An Alumni Stadium gathering of 13,320 in Guelph endured intermittent rain and a biting 45-kilometre an hour wind that gusted up to 66 kilometres throughout, making it feel like -1 C with the windchill.

Predictably, both teams struggled, committing four turnovers apiece and punting a total of 17 times. At halftime, Montreal led 2-0 but Whyte forced overtime with a 32-yard field goal at 14:55 of the fourth as each squad came up with big drives into the howling wind.

Hamilton surged ahead 13-10 on Henry Burris's 17-yard TD strike to C.J. Gable with 1:04 remaining in the fourth, capping a smart 97-yard, 12-play drive against the wind. Burris finished 23-of-36 for 203 yards with a TD and interception.

The Ticats face the defending Grey Cup-champion Toronto Argonauts next weekend at Rogers Centre.

Argos head coach Scott Milanovich said Hamilton's willingness to use multiple quarterbacks could cause him headaches.

"It puts a lot on your defence," he said during a conference call. "You have to essentially prepare for two different styles of offences."

THE CANADIAN PRESS

In Regina

Weston Dressler scored two touchdowns and the Saskatchewan Roughriders overcame a nine-point fourth-quarter deficit to advance to the CFL's West Division final with a 29-25 win Sunday over the B.C. Lions.

- It was the Riders' third straight win over B.C., dating back to the regular season, and moved Saskatchewan past the West semifinal for the first time since 2010.
- The Grey Cup host Roughriders will face the Stampeders in Calgary on Sunday.

Curling

Sweeting sweeps into Roar of Rings

Edmonton's Val Sweeting claimed the final women's berth in the Roar of the Rings Canadian Curling Trials with a 6-4 victory over Kelly Scott of Kelowna, B.C., in the final qualifying game of the Road to the Roar on Sunday in Kitchener, Ont.

THE CANADIAN PRESS

NHL

Brrrr ... Bryz signs on in Edmonton

Ilya Bryzgalov once compared Edmonton to the North Pole, now he'll try to help the Oilers. The goalie has agreed to terms on a one-year, $2-million US deal with the Oilers, pending a salary-cap clearing trade with the Calgary Flames.

THE CANADIAN PRESS

NHL

Habs grab victory against Islanders

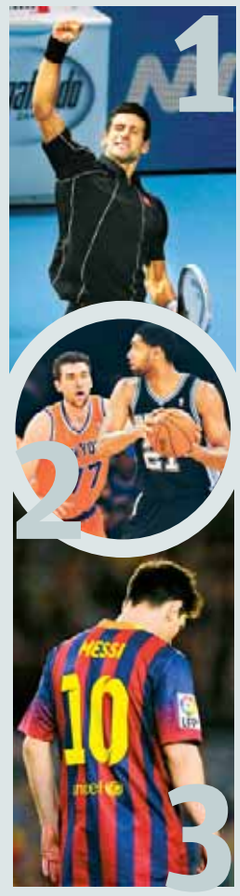
Alex Galchenyuk and Lars Eller each had a goal and two assists as the Canadiens ended a four-game winless run with a 4-2 win over the New York Islanders on Sunday in Montreal. Brendan Gallagher and Michael Bournival also scored for the Habs. THE CANADIAN PRESS

NHL

"We battled hard, but I thought we just ran out of gas in the third period."

Toronto coach Randy Carlyle whose Maple Leafs lost 3-1 in their return to Boston on Saturday night, the scene of last May's epic Game 7, first-round playoff collapse.

Sports in pictures



1 Tennis. It's a Djokovic, Nadal ATP final

Defending champion Novak Djokovic set up a mouth-watering final against Rafael Nadal with a 6-3, 6-3 win over Stanislas Wawrinka at the ATP World Tour Finals on Sunday in London.

THE ASSOCIATED PRESS

2 NBA. Spurs roll in N.Y.C.

Danny Green had 24 points and a career-high 10 rebounds, and the San Antonio Spurs pounded the New York Knicks 120-89 on Sunday for their fourth straight win.

THE ASSOCIATED PRESS

3 Soccer. Barca loses Messi in latest win

Just when Lionel Messi appeared to be back to his scoring ways, Barcelona's star forward picked up his third leg injury of the season during Sunday's 4-1 win at Real Betis in the Spanish league. THE ASSOCIATED PRESS

Steelers take thrills out of Bills offence

NFL. Pittsburgh defence has field day following historic blowout at hands of New England

The Pittsburgh Steelers spent three hours making Buffalo quarterback EJ Manuel look very much like the rookie he is.

Old times for a defence that has looked just plain old recently?

"No," safety Ryan Clark said. "We used to be much better than that.

"It was a good day, though."

A welcome one, too, in a 23-10 romp Sunday.

A week after a historic blowout at the hands of the New England Patriots, the Steelers went back to basics, which rarely change for a franchise that rarely changes.

Run the ball. Get after the quarterback. Play with some menace. The result was Pittsburgh's most complete performance this season, one the Steelers (3-6) insist still contains some cause for optimism.

Lawrence Timmons of the Steelers tackles the Bills' Fred Jackson on Sunday in Pittsburgh.
JUSTIN K. ALLER/GETTY IMAGES

"I think we went out there and answered the call today," linebacker LaMarr Woodley said. "We played like we're always supposed to."

The Bills managed just 227 total yards, nearly 400 less than the Patriots gained in a 55-31 whipping of Pittsburgh a week ago. That led to one of the more uncomfortable weeks in recent memory for a team accustomed to being near the top of the AFC North, not stuck at the bottom. The Steelers sacked Manuel three times and allowed Buffalo (3-7) to convert just three of 14 third downs.

Manuel completed 22 of 39 passes for 155 yards with a touchdown and an interception in his return after missing a month with a sprained right knee. He declined to blame his issues on rust, though he hardly looked like the dynamic playmaker that made Buffalo look so intriguing in September.

There were no such issues for Pittsburgh.

Ben Roethlisberger passed for 204 yards with a touchdown and an interception and Le'Veon Bell added 96 total yards and a score.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	16	12	4	0	54	39	24
Toronto	17	11	6	0	51	40	22
Detroit	18	9	5	4	45	48	22
Boston	16	10	5	1	45	30	21
Montreal	18	9	8	1	48	40	19
Ottawa	17	7	6	4	53	51	18
Florida	17	3	10	4	34	60	10
Buffalo	19	3	15	1	33	61	7

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	17	11	6	0	50	40	22
Washington	17	9	7	1	56	48	19
NY Rangers	16	8	8	0	35	43	16
Carolina	17	6	7	4	32	48	16
NY Islanders	18	6	9	3	51	60	15
New Jersey	16	4	7	5	30	44	13
Columbus	16	6	10	0	41	46	12
Philadelphia	16	5	10	1	26	44	11

Sunday's results
Montreal 4 NY Islanders 2
Nashville at New Jersey
Florida at NY Rangers
Edmonton at Chicago
Washington at Colorado
San Jose at Winnipeg
Vancouver at Anaheim
Saturday's results
Philadelphia 4 Edmonton 2
Ottawa 3 Florida 2
Minnesota 3 Carolina 2 (SO)
Boston 3 Toronto 1
Tampa Bay 3 Detroit 2 (OT)
Columbus 5 NY Islanders 2
St. Louis 2 Pittsburgh 1

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	15	13	2	0	50	27	26
Chicago	17	11	2	4	61	45	26
St. Louis	15	11	2	2	52	34	24
Minnesota	18	10	4	4	48	40	24
Nashville	16	8	6	2	37	49	18
Dallas	17	8	7	2	46	52	18
Winnipeg	18	7	9	2	45	51	16

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	18	14	3	1	63	44	29
Phoenix	18	12	4	2	60	56	26
San Jose	16	10	2	4	59	36	24
Vancouver	19	11	6	2	53	51	24
Los Angeles	17	11	6	0	50	41	22
Calgary	17	6	9	2	47	61	14
Edmonton	18	4	12	2	44	70	10

Note: Two points for a win, one point for overtime loss.
Phoenix 4 Washington 3 (SO)
Chicago 5 Dallas 2
Los Angeles 5 Vancouver 1
Monday's game — All Times Eastern
Tampa Bay at Boston, 1 p.m.
Tuesday's games
Los Angeles at Buffalo, 7 p.m.
Colorado at Carolina, 7 p.m.
Nashville at NY Islanders, 7 p.m.
Columbus at Washington, 7 p.m.
New Jersey at NY Rangers, 7 p.m.
Winnipeg at Detroit, 7:30 p.m.
Anaheim at Florida, 7:30 p.m.
Philadelphia at Ottawa, 7:30 p.m.
Tampa Bay at Montreal, 7:30 p.m.
Phoenix at St. Louis, 8 p.m.
San Jose at Calgary, 9 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	7	0	1.000	—
Philadelphia	4	3	.571	3
Miami	4	3	.571	3
Charlotte	3	3	.500	3½
Atlanta	3	3	.500	3½
Toronto	3	4	.429	4
Boston	3	4	.429	4
Cleveland	3	4	.429	4
Orlando	3	4	.429	4
Detroit	2	3	.400	4
Chicago	2	3	.400	4
Milwaukee	2	3	.400	4
Washington	2	3	.400	4
New York	2	4	.333	4½
Brooklyn	2	4	.333	4½

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	6	1	.857	—
Oklahoma City	4	1	.800	1
Phoenix	4	2	.667	1½
Portland	4	2	.667	1½
Minnesota	4	2	.667	1½
L.A. Clippers	4	3	.571	2
Golden State	4	3	.571	2
Houston	4	3	.571	2
Dallas	4	3	.571	2
New Orleans	3	3	.500	2½
Memphis	3	3	.500	2½
L.A. Lakers	3	4	.429	3
Denver	1	4	.200	4
Sacramento	1	5	.167	4½
Utah	0	7	.000	6

Sunday's results
San Antonio 120 New York 89
Washington at Oklahoma City
New Orleans at Phoenix
Minnesota at L.A. Lakers
Monday's games — All Times Eastern
San Antonio at Philadelphia, 7 p.m.
Memphis at Indiana, 7 p.m.
Atlanta at Charlotte, 7 p.m.
Orlando at Boston, 7:30 p.m.
Toronto at Houston, 8 p.m.
Cleveland at Chicago, 8 p.m.
Denver at Utah, 9 p.m.
Detroit at Portland, 10 p.m.
Minnesota at L.A. Clippers, 10:30 p.m.

MLS PLAYOFFS

CONFERENCE FINALS

(Two games, total goals)
Sunday's result
Portland at Salt Lake
Saturday's result
Kansas City 0 Houston 0
Saturday, November 23 — All Times Eastern
Houston at Kansas City, 7:30 p.m.
Sunday, November 24
Real Salt Lake at Portland, 9 p.m.

CFL PLAYOFFS

DIVISION SEMIFINALS

Sunday's results
Hamilton 19 Montreal 16
Saskatchewan 29 B.C. 25

DIVISION FINALS

Sunday, Nov. 17 — All Times Eastern
Hamilton vs. Toronto, 1 p.m.
Saskatchewan vs. Calgary, 4:30 p.m.

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Horoscopes

♈ Aries
March 21 - April 20
For some reason you are easily confused by simple things at the moment, but that does not mean you should be suspicious of everything you see or hear.

♉ Taurus
April 21 - May 21
Don't be afraid to change your opinion about something today in the light of new information. As a Taurus you find it hard to admit you were wrong, but if you grow from the experience then being wrong can be right.

♊ Gemini
May 22 - June 21
The best way to forget about your problems is to help other people find solutions to their problems. You will certainly get the chance today as family and friends come to you for advice.

♋ Cancer
June 22 - July 23
By all means let your hair down and have a good time — Jupiter in your sign demands it — but try to remember that what is fun to you may be a nuisance to some other people.

♌ Leo
July 24 - Aug. 23
You have been moving awfully fast of late and now there are clear signs that you need to slow down and give your mind and body a much-needed rest.

♍ Virgo
Aug. 24 - Sept. 23
A sudden burst of frenzied activity will push you past an obstacle that has for too long hindered your progress. Don't think about it, just do it.

♎ Libra
Sept. 24 - Oct. 23
Do whatever it takes to stay on good terms with partners and colleagues today, especially if you are hoping to improve your financial situation.

♏ Scorpio
Oct. 24 - Nov. 22
The most important thing as the new week begins is that you define your goals clearly. Why rely on luck when, with a little bit of planning, success can be guaranteed?

♐ Sagittarius
Nov. 23 - Dec. 21
It may feel as if your life is not your own, as if you are being moved this way and that by forces beyond your control, and it may even be true, but so what? The world would be a lot less fun if it were a bit more predictable.

♑ Capricorn
Dec. 22 - Jan. 20
You find it hard to admit to your faults, but the planets indicate you should show a bit of humility and admit that you got something wrong.

♒ Aquarius
Jan. 21 - Feb. 19
A positive attitude is a must today, not least because certain people will make it their business to talk you down. Why? Because they are jealous.

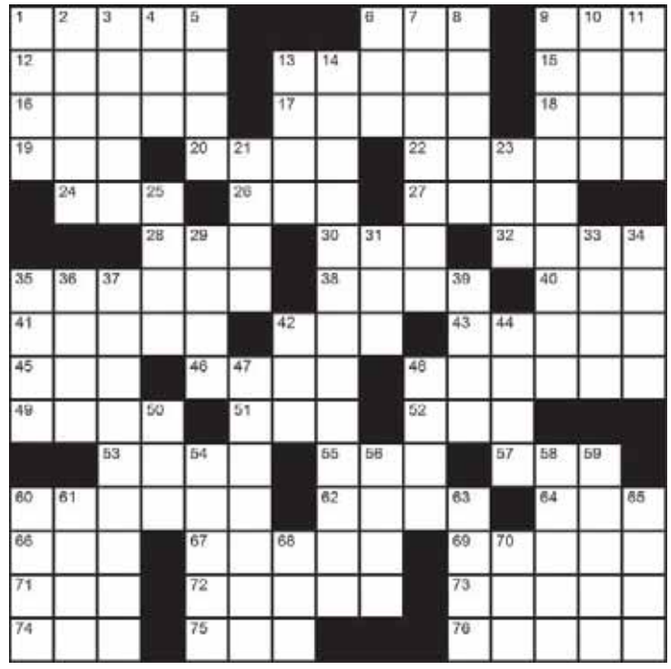
♓ Pisces
Feb. 20 - March 20
You must be honest about your emotions, not least because if you keep your feelings to yourself the full moon next weekend will bring everything out in one mad, messy rush.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



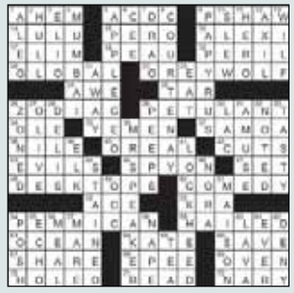
Across

1. Canada's coming of age on the world stage
6. Air hero
9. Away
12. Crab __ Salad
13. Thread holder
15. Sound setting [abbr.]
16. __ salts
17. Quiet: French
18. Afore
19. Politicians, e.g.
20. __-chef
22. Canadian poet of In Flanders Fields, Lieutenant Colonel John __ (b.1872 - d.1918)
24. Thumbs-up
26. Li'l streets
27. Fighting: 2 wds.
28. Here: French
30. Tin
32. Spicy tea
35. __ 17 (1953)
38. Obscure
40. Pol. abode
41. Battlefield artifact
42. The Thin __ Line (1998)
43. Danger
45. __ de guerre
46. Shock
48. Withdraw
49. Loretta of M*A*S*H
51. She'd opposite
52. "Musket" suffix
53. Footwear
55. Alphabet's beginning...
57. PC "key"
60. December 1943: Canada took this ancient town (situated on the Adriatic coast in Italy) from Germany
62. Certain direction
64. "Proverb" suffix
66. __ Chi (Martial Art)
67. Hold off
69. The Andrews Sisters' Boogie Woogie __ Boy
71. __-Tac-Toe
72. Flubbed
73. 1916: Battle of the __
74. Tribute kind
75. Sporty prop
76. Implores

Down

1. Universe's original substance
2. Remembrance Day symbol
3. Russian, in the French language
4. A-U link
5. Academic terms, for short
6. Certain ISP
7. Wartime headquarters, __ post
8. Send to Parliament
9. George M. Cohan war song: 2 wds.
10. Throw __ _ loop
11. Break out
13. Gulf War missile
14. 1917 campaign in which Canada fought / 2008 war movie directed by Paul Gross
21. First edition, e.g.
23. US President, to the mil.
25. Fodder holder
29. Crow's cries
31. Red Cross mission
33. Amongst
34. "Cred" suffix (Believable)
35. Lacking
36. Old-fashioned "think"
37. November 11th, 1918 event at the 11th hour
39. Sword sort
42. 13 __ Madeleine (1947)
44. Beige
47. Field of military operations
48. Min. parts
50. However, informally
54. Start
56. North American bird, __ Eagle
58. Ancient Greek letter
59. Mild, as weather
60. Sgt. Snorkel's dog in Beetle Bailey
61. Surprise military attack
63. Recipe meas.
65. Sheltered sides
68. We __ the Champions by Queen
70. Q. "What's the 21st letter?" A. "It's either _ __ V."

Friday's Crossword

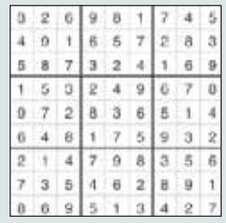


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	8	5	6		2			4
	4	2						1
1			3					
5	9				8			
	3	4				7	8	
			7				6	5
					9			6
4						5	3	
8			5		3	4	9	

Friday's Sudoku



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